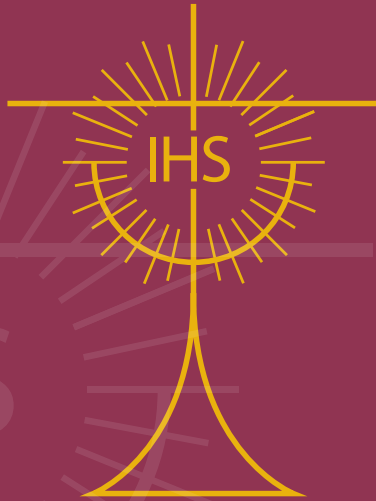


Teaching children to pray before the Eucharist



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ADOREMUS

NATIONAL EUCHARISTIC
PILGRIMAGE & CONGRESS

I AM THE BREAD OF LIFE

Jesus said to them, 'I am the bread of life.
Whoever comes to me will never be hungry, and
whoever believes in me will never be thirsty.'

John 6:35

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion (United Nations 1998).

There are a number of reasons why the number of children in the world is increasing. One of the main reasons is that the number of children who are surviving is increasing. This is due to a number of factors, including improved medical care, better nutrition, and a decrease in child mortality rates.

Another reason why the number of children in the world is increasing is that the number of children who are being born is increasing. This is due to a number of factors, including a decrease in the age at which women are having children, and an increase in the number of children who are being born to women who are already having children.

There are a number of challenges that are associated with the increasing number of children in the world. One of the main challenges is that there are not enough resources to care for all of the children. This is particularly true in developing countries, where there is a lack of access to education, healthcare, and other basic services.

Another challenge is that there are not enough jobs for all of the children. This is particularly true in developing countries, where there is a high unemployment rate. This means that many children are forced to work to support their families, which can have a negative impact on their health and education.

There are a number of ways that we can address these challenges. One way is to improve access to education, healthcare, and other basic services. Another way is to create more jobs for children. This can be done by supporting small businesses and providing training and education for children.

It is important that we take action to address these challenges. If we do not, the number of children in the world who are living in poverty and suffering from lack of access to basic services will continue to increase. This is a global problem that requires a global solution.

There are a number of organizations that are working to address these challenges. One of the most well-known is UNICEF, which is the United Nations Children's Fund. UNICEF works to improve the lives of children around the world by providing them with access to education, healthcare, and other basic services.

Another organization that is working to address these challenges is the World Bank. The World Bank provides financial and technical assistance to developing countries to help them improve their economies and create jobs for their citizens.

There are also a number of non-governmental organizations (NGOs) that are working to address these challenges. These organizations often focus on providing education, healthcare, and other basic services to children in need.

It is important that we continue to support these organizations and work together to address the challenges of the increasing number of children in the world. Only by working together can we ensure that all children have the opportunity to live a better life.

The number of children in the world is increasing, and this is a global problem that requires a global solution. We need to improve access to education, healthcare, and other basic services, and we need to create more jobs for children. We need to work together to ensure that all children have the opportunity to live a better life.

Teaching children to pray before the Eucharist

This guide aims to give a few examples and a starting point of how children may be invited to pray before the Eucharist.

Please adjust the liturgies if necessary, taking into consideration the age, stage and prior knowledge and understanding of the children.

The *Holding Hearts* follow up sessions may be a way to enhance the Catholic Life of the school, parish and home. You may find other ways to 'go forth' that may engage children in turning their heartfelt prayers into action.

This may be the first time that children will be invited to pray before Jesus in this way. Build time slowly and increase prayers as they grow and develop.

The most important time for the children and for yourself is silent time with Jesus. You are the role models, if you pray with an open generous heart and show how we can live as Jesus, they will too!



Guiding children before gathering...

Below is an example of what you may like to say to children before they gather in front of the Blessed Sacrament. This is intended to be a general introduction and may need to be adapted to suit the age, stage, knowledge and prior understanding of the children.

It may also need adapting if ...
there is a priest or deacon present,
you are gathering with the monstrance placed in the prayer space,
the Blessed Sacrament is taken from the Tabernacle when children have already gathered in the prayer space.

You are invited to gather together to be with Jesus. (A consecrated host) Jesus is placed inside the monstrance.

We can see Jesus and know that He is truly present with us.

We will sing hymns, say prayers and you will have quiet, silent time with Him.

I/We will guide you, show you what to do and help you to know when it is time for silence.

When you are silent you may want to pray to Jesus from your heart.

As we gather we can kneel/genuflect and make the Sign of the Cross.

Priest/Deacon... will bless us all. (If a priest or deacon is present)

We can then go out from here and live out what we have listened to, thought about and prayed for.



Praying before the Eucharist

Preparation

What will the focus be?

Unity, Faith, Hope, Love, Peace, Healing, Comfort, Strength

Awe and Wonder?

Where will the prayer space be?

Who will expose the Blessed Sacrament?

Who will stay with the Sacrament until the children gather?

Will there be a priest or deacon present?

Timing?

What will you talk and share with children before gathering?

Lighting?

When will there be an opportunity for silence?

Will the children sing hymns?

Will music be used as children reflect?

Will there be visual aids?

How will children become closer to Jesus?

How will you guide them?

What gifts of Jesus will be shared through Scripture?

When will there be an opportunity for children to pray for themselves and others?

How will children be renewed and invigorated and live out the Eucharist?

Praying before the Eucharist

Healing

Exposition

Gather

Reflective silence when gathering.
Genuflection and the Sign of the Cross before Jesus.

Who do you want to pray for today?
Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear you.

Adoration

Listen

Reading: Gospel according to Luke 17: 11-19

Adoration

Respond

Silent reflection – time with Jesus

What do we learn from this Gospel story?
What do you want to thank Jesus for today?
How do you need Jesus to help you?

Litany: Lord, in your mercy, hear our prayer.

Traditional Prayer: Our Father

Benediction

(priest or
deacon)

Hymn: Be Still

Blessing: In silence

Reposition

Go Forth

Closing Prayer: Jesus, thank you for the great gift of Holy Communion. We honour you here with us today...

Jesus is placed in the Tabernacle (if in church)

Acclamation: Jesus, we adore you.

Holding Hearts

Energised by the life and love of Jesus.

“Rise and go your way; your faith has made you well.”

A visit to Jesus Present in the Blessed Sacrament - Healing

Every year we have some special days of prayer called “The 40 Hours” to make time to say thank you to Jesus. We have so much to say thank you for but sometimes we forget.

“The Blessed Sacrament” is another way of seeing Jesus present in Holy Communion. Jesus is very close to us here.

Exposition

Gather: *Who do you want to pray for today?*

Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear you.

Adoration Listen: Gospel Reading: From the Gospel of Luke 17: 11-19

On the way to Jerusalem he was passing along between Samaria and Galilee. And as he entered a village, he was met by ten lepers, who stood at a distance and lifted up their voices and said, “Jesus, Master, have mercy on us.”

When he saw them he said to them, “Go and show yourselves to the priests.” And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus’ feet, giving him thanks. Now he was a Samaritan. Then Jesus asked, “Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?” And he said to him, “Rise and go your way; your faith has made you well.” – *silent reflection*

Respond:

What do we learn from this Gospel story?

What do you want to thank Jesus for today?

How do you need Jesus to help you?

*After each prayer we say: **LORD IN YOUR MERCY HEAR OUR PRAYER.***

We pray for our parish and our school.

We pray for our families and our friends.

We pray for everyone who is sick and for the people looking after them.

We pray for everyone living where there is war or hunger.

We pray for everyone who is unhappy or lonely.

We pray for all priests and sisters.

We pray that God will help us to be kind and loving to other people.

We pray that we will use the gifts and talents God has given us to make the world a better place.

Traditional Prayer: Our Father

HYMN

*Be still for the presence of the Lord, the Holy One is here.
Come, bow before Him now, with reverence and fear.
In Him no sin is found, we stand on holy ground.
Be still, for the presence of the Lord, the Holy One is here.*

*Be still, for the glory of the Lord
is shining all around...*

Benediction—priest or deacon

Reposition

Go Forth: Jesus, thank you for the great gift of Holy Communion.
We honour you here with us today.
Everything we have comes from you.
Thank you for all the great gifts you have given us.
Bless our parish and our school.
Be with our families and help us every day. **AMEN.**

Glory be to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now and ever shall be,
world without end. **AMEN.**

Acclamation: Jesus, we adore you. Lay our lives before you. How
we love you.

Energised by the life and love of Jesus...

“Rise and go your way; your faith has made you well.”

Thanks to: The Christian Education Department
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Holding *Healing* Hearts

Go forth...

Energised by the life and love of Jesus

“Rise and go your way; your faith has made you well.”

We will... pray for those who need healing in our school and parish.

We will... include prayers in whole school worship, class worship and in school and parish masses.



Praying before the Eucharist

Peace

Exposition Genuflection and the Sign of the Cross before Jesus.
Gather **Hymn:** *Make me a channel of your peace.*

Who do you want to pray for today?
Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear you.

Adoration **Reading:** St. Paul's letter to the Romans 12: 9-18
Listen *'Do everything possible on your part to live in peace with everybody.'*

Adoration **Silent reflection – time with Jesus**
Respond What do we learn from this Scripture reading?
What do you want to thank Jesus for today?
How do you need Jesus to help you?

Litany: *Jesus help us to live in peace.*

Traditional Prayer: Our Father

Benediction Music: Reflective, instrumental music
(priest or deacon) Blessing: In silence

Reposition: **Closing Prayer:** Teresa of Avila—Christ has no body...
Go Forth *Children hold hands as they recite.*

Jesus is placed in the Tabernacle (if in church).

Acclamation: Taize - *My peace I leave you. My peace I give you.*

Holding Energised by the life and love of Jesus.
Hearts ***“Live in peace with everybody”***

Holding *Peaceful* Hearts

Go forth...

Energised by the life and love of Jesus

“Live in peace with everybody”

We will... make peace rules in our classrooms.

We will... share the Sign of Peace in our worship.

We will... say sorry.

We will... forgive one another.

We will... welcome our global neighbours by fundraising and writing letters with the help of our homes, school and parish.



Praying before the Eucharist

Love

Exposition Genuflection and the Sign of the Cross before Jesus.
Gather **Hymn:** *My God loves me.*

Who do you want to pray for today?
Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear you.

Adoration **Reading:** Gospel according to John 13: 34-35
Listen *'I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'*

Adoration **Silent reflection – time with Jesus**
Respond What do we learn from this Gospel story?
What do you want to thank Jesus for today?
How do you need Jesus to help you?

Litany: *Jesus help us to love one another.*

Traditional Prayer: Our Father

Benediction **Hymn:** *A New Commandment*
(priest or **Blessing:** In silence
deacon) **Divine Praises: Blessed be God ...**(use as appropriate to the age and stage of the children).

Reposition: **Closing Prayer:** Teresa of Avila—Christ has no body...
Go Forth *Children hold hands as they recite.*

Jesus is placed in the Tabernacle (if in church).

Acclamation: Taize - *We adore you, Lord Jesus Christ.*

Holding Energised by the life and love of Jesus.
Hearts *“Love one another, as I have loved you.”*

Holding *Loving* Hearts

Go forth...

Energised by the life and love of Jesus

“Love one another, as I have loved you.”

We will... sit with others who are alone at lunchtimes.

We will... look out for those children who need a buddy.

We will... show love for our parish and local community and hold a coffee morning.

We will... share love with our global neighbours by providing Fairtrade snacks.





“I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. By learning the words of the prayer of the heart, they will be closer to the Lord, who will accompany them in their spiritual and human growth.”

St. Pope John Paul II



Pope Benedict calls us to bring our children to Jesus through Eucharistic Adoration. “I also recommend that, in their catechetical training, and especially in their preparation for First Holy Communion, children be taught the meaning and the beauty of spending time with Jesus, and helped to cultivate a sense of awe before his presence in the Eucharist.”

Pope Benedict XVI



*“The Lord leads us to follow his path —
that of service, sharing and giving;
and that little that we have,
the little that we are, if shared,
becomes a treasure
because the power of God,
who is love,
descends to our poverty
and transforms it.”*

Pope Francis



The Christian Education Department is a team dedicated to assisting schools and colleges proclaim the *Good News*.